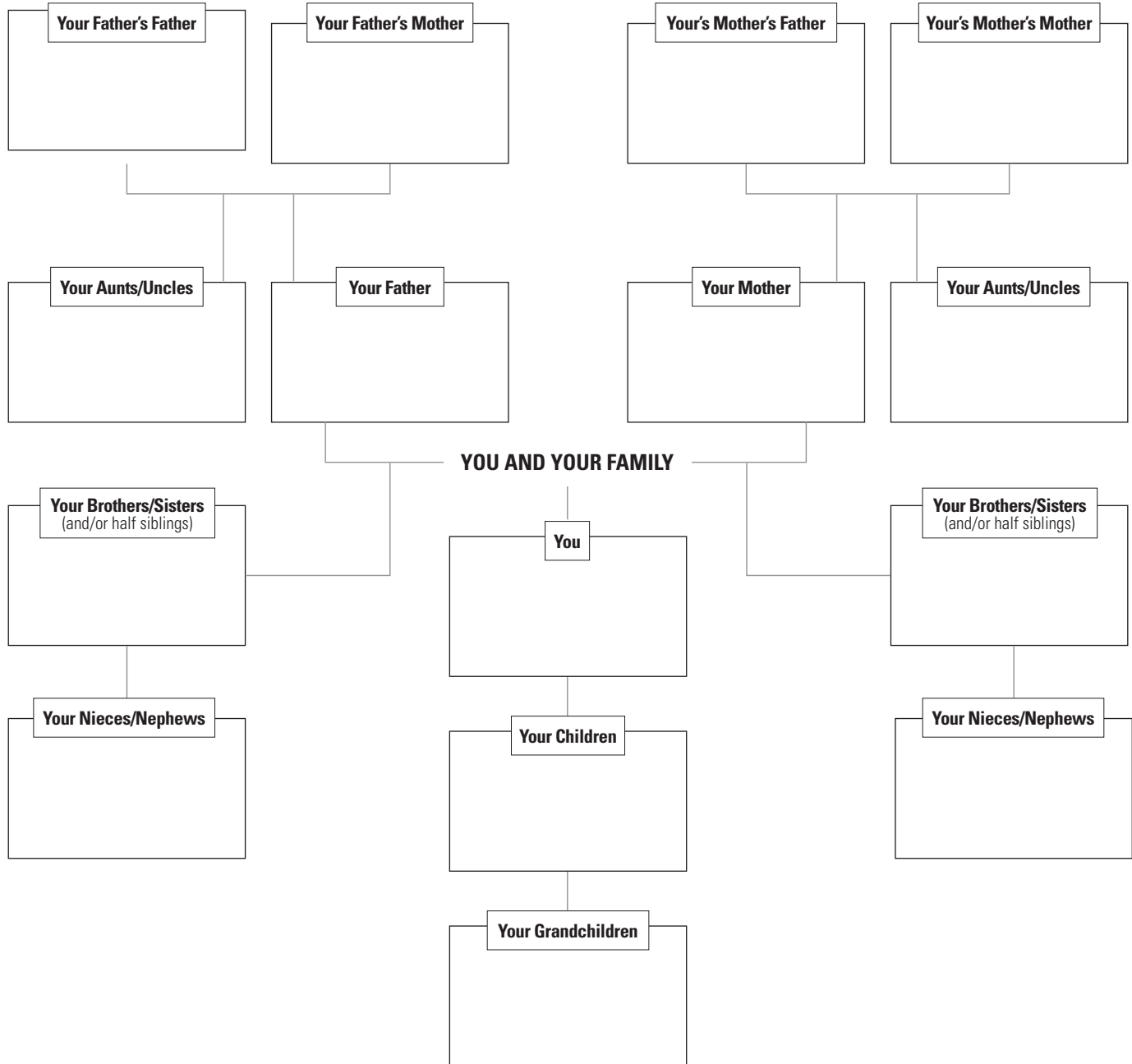


Tracking Your Family Cancer History

For each blood relative who has had cancer, write in the box the type of cancer and age when he/she was diagnosed.

This will help you and your health-care professional decide which cancer screenings you may need (and when to begin them) and facilitate a conversation about prevention strategies that would be appropriate for you. It may also help you determine whether you would benefit from genetic testing.



About 5% to 10% of all cancers are hereditary. To determine your family history of cancer, it's important to learn the types of cancer that have occurred among your relatives. This includes first-degree relatives (parents, full siblings and children) and second-degree relatives (grandparents, aunts/uncles, nieces/nephews, grandchildren and half siblings).

Sources: Cancer.net, a website of the American Society of Clinical Oncology, and Prevent Cancer Foundation, PreventCancer.org, a nonprofit dedicated to reducing cancer deaths through research, public policy and education.